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HOW ON  
PAGE 14

*Sleep Therapy  
Management*

### Mounties beef up Hill security

**REVIEW** The Mounties say they have beefed up security on Parliament Hill and are considering more measures following a December protest in which Greenpeace activists unfurled a banner on a parliamentary rooftop.

The RCMP said Thursday that an internal review recommends looking at both short- and long-term security strategies for the Hill, as well as beefing up security in construction zones where the protesters entered. **THE CANADIAN PRESS**

### News on the Move

**What's this  
barcode for?**

Learn how to scan the barcode with the instructions at the top of pg 2



### Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — Girl power drives Canadian team, page 16

### On the web

Visit [metronews.ca](http://metronews.ca) for news updates



## Domination Nation

Colleen Sostorics celebrates following Team Canada's 2-0 victory over the U.S. in the Olympic women's gold-medal game Thursday night at Canada Hockey Place in Vancouver. The Canadian women won their third straight Olympic gold medal, which also set a new high-water mark for Canada at a Winter Olympics. Canada has eight gold medals, surpassing the seven won in Turin and Salt Lake City.

## Bus fare going up

OC Transpo set to hike ride by 7.5 per cent to \$3.25

**TIM WIECLAWSKI**  
tim.wieclawski@metronews.ca

**Riding the bus is going to be a little more expensive starting Monday.**

On March 1, bus fare is going up 7.5 per cent.

A regular adult monthly pass is going up to \$91.50 from \$84.75. Students will have to pay \$73.25 a month.

Cash fares are going up for the first time since 2005. A regular adult cash fare will cost \$3.25.

For pass holders, this is the fourth fare increase in four years. City council voted to raise fares by 2.5 per cent in 2007, then by 7.5 per cent in each of the next three years.

The effect has been a 28.4 per cent increase in the

price of a regular adult monthly pass from 2006, when it cost \$71.25.

The increase is part of a three-year plan adopted by city council to split the cost of funding transit 50-50 between taxes and fares.

Bay Ward Coun. Alex Cullen, chair of the city's transit committee, warned transit users this may not be the end of fare hikes.

It will be up to the next council to decide, but Cullen said the pressures from the rising cost of fuel, employee wages and creating a larger system will necessitate fare increases.

"To pay for the additional buses and drivers, it puts pressure on both taxes and fares," he said.

That could be an election issue, he said.

## Canucks tops on ice, rink

VANCOUVER  
**2010 Games**

**GOLD CANADA GOLD** Canada's Olympic gold rush is on.

The host nation staked its claim to a pair of quintessentially Canadian sports Thursday with a gold-medal performance in women's hockey and a guaranteed shot at the top tier of the podium in both men's and women's curling.

Marie-Philip Poulin of Beauceville, Que., scored twice and goaltender Shannon Szabados of Edmonton made 28 saves for a 2-0 win over the U.S., the first-ever shutout in an Olympic women's hockey final.

Earlier in the day, Canada's already-shining medal hopes in women's curling got even brighter as Cheryl Bernard moved on to the final by knocking off two-time silver medalist Mirjam Ott of Switzerland 6-5.

Kevin Martin, a perfect 9-0 in round-robin competition, claimed a 6-3 victory over 24-year-old Niklas Edin of Sweden, advancing to the men's gold-medal game for the first time in eight years.

Also, Canada's Joannie Rochette took the bronze medal in women's figure skating. **THE CANADIAN PRESS**

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## Alleged gangster faces charges

**PROSTITUTION** An Ottawa man faces prostitution-related charges after the Ottawa Police Guns and Gangs Unit conducted an investigation last month.

During the investigation, police determined that a member of the Crips Street Gang was involved in leading young females into the act of prostitution.

Mohamad Said Barkhadle, 25, appeared in court Thursday to face charges of procuring, living on the avails, living on the avails of a juvenile prostitute using violence and breach of probation.

TRACEY TONG/METRO OTTAWA

## News in brief

**ELECTION** Syed Asghar Hussain has become the sixth candidate to enter the council race in Knoxdale-Merivale Ward to replace outgoing councillor Gord Hunter.

**CRACKDOWN** Police are cracking down on motorists operating unsafe vehicles and speeders in March. There were 114 collisions that involved unsafe vehicles and 3,592 collisions related to speeding in 2008.

METRO OTTAWA

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What's online today.

**Video** Multi-medallist Clara Hughes on why female athletes are leading the charge for Canada's medal haul at [metronews.ca/canada](http://metronews.ca/canada)

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Payday: 8, 38, 47 & 74  
These results are not official.

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Members of the Ottawa Police Major Crime Unit sift through snow at 303 Blake Blvd. Thursday after a suspicious fire that left a man dead. A man was taken into custody in connection with the incident.

Fatal fire suspicious  
Tenant in custody as police investigate scene

TRACEY TONG  
tracy.tong@metronews.ca

m.metronews.ca



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**Residents of a Vanier neighbourhood struggled Thursday to cope with a fire that killed a man, an incident police are investigating as suspicious.**

The Ottawa Police Major Crime Unit was on scene at 303 Blake Blvd. Thursday to investigate a basement apartment fire that left a man dead Wednesday night.

Police said Thursday that a man, who residents said was a tenant in one of the area buildings, was later taken into custody in connection with the incident.

With about a dozen police cruisers and vans parked outside the low-rise apartment Thursday morning, officers cordoned off not only the front entrances of 303 Blake Blvd. and the adjacent building, but the area surrounding a group of apartments in the area. Half a dozen police officers used

tools to comb through the freshly fallen snow.

As of Thursday, police had not released the deceased's identity, but building manager Diane LeBlanc said the victim is thought to be the building's owner, Said Kasbary, who owns eight other buildings in the neighbourhood.

LeBlanc said Thursday the owner's grey car remained in the parking lot and that nobody was able to reach him. Kasbary had "a good heart," and would help anyone in need, she said.

The night before, she was one of the first to see the fire in the basement rental office, where she works during the day.

She ran into the building to get the tenants out.

The tenants, who have since been allowed back in the building, "are pretty shook up," she said. "A lot of them were in tears."

Jason Henderson, who lives across the street, saw "flames flying out of the corner basement apartment" Wednesday. He ran into the building to alert the tenants, but was unable to get into the basement unit where the fire began.

"It was just blazing like crazy," he said of the fire. "I've never seen a fire like that before."

"It kind of freaks me out," Henderson said of the fire. Area resident Ron Anderson was walking down the street when he saw the fire happen.

"A huge fireball came out of the corner apartment," he said. "Inside the apartment itself, it looked as if the fire was boiling, it was just tremendous ... It wasn't flames, it was just rolling fire."

## Community groups pitch Lansdowne ideas

**DESIGN** Representatives from the five architectural and landscaping firms competing to redesign Lansdowne Park heard presentations from community organizations Thursday.

Historian Paul Kitchen revealed the significance of the Aberdeen Pavilion as the oldest existing structure in which the Stanley Cup has been contested.

"Ice and steel blades figure prominently in the history of this heritage building," he said in his presentation.

In January 1904, the Ottawa Silver Seven Hockey Club beat the Winnipeg Rowing Club to win the Stanley Cup at the Aberdeen Pavilion.

In February of the same year, they beat the Toronto Marlboros at the Aberdeen Pavilion to win the cup again. Then in March, they beat the Brandon Wheat Kings to win the cup once more, again inside the Aberdeen Pavilion.

With such a deep con-

## Deadline

• The firms will submit their design ideas to the city on May 11. City council will choose a winner in June.

nection to hockey and the Stanley Cup, Kitchen suggested the Aberdeen Pavilion be turned back into a skating rink that could host community events and Winterlude activities during the winter. It could even be the site of a Stanley Cup monument.

Other suggestions included turning it into a lush green space, or, as Ottawa-Gatineau Hotel Association executive director Dick Brown suggested, linking Lansdowne to the Rideau Canal by creating an archway under Queen Elizabeth Driveway like at Patterson Creek.

Designers will now spend the next couple of months creating their vision of the site.

TIM WIECLAWSKI/METRO OTTAWA

## Theatre One-woman show



Actor d'bi.young anitafrika performs a scene from the Great Canadian Theatre Company presentation of blood.claa: one oomaan story. The one-woman show about 15-year-old Mudo Sankofa and her coming of age in Kingston, Jamaica opens at the Irving Greenberg Theatre Centre on March 4.



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## 4 local

# 'You can still fish'

## Visual impairment no obstacle to recreation

**TRACEY TONG**  
tracey.tong@metronews.ca

**When Lawrence Euteneier was five years old, he learned to fish. When he began losing his eyesight three years later, he didn't give up his favourite pastime.**

"There are a million people with vision loss in Canada," said the Ottawa resident. "A lot of these guys sell the boat, sell the gear and sit on the couch. But you don't have to. You can still fish."

The public speaker and founder of BlindFishing-Boat.com, an organization that sets up fishing adventures for visually impaired people with sighted guides, Euteneier — who invented the world's first fishing boat for the blind by adapting existing technologies so that people with visual impairments can go fishing on their own — is also an exhibitor at this weekend's Ottawa Boat and Sportsmen's



Visually-impaired fisherman and Ottawa resident Lawrence Euteneier talks about BlindFishingBoat.com with Ottawa Boat and Sportsmen's Show spokeswoman Andrea Lukac on Thursday at Lansdowne Park.

Show.

More than 25,000 outdoor enthusiasts are expected to attend the 35th annual show, which began Thursday at Lansdowne Park and runs through Sunday.

The show features three buildings of new boats, kayaks, ATVs, and outdoor equipment, as well as

celebrity speakers like Bob Izumi, said show spokeswoman Andrea Lukac.

"Ottawa has the most diverse and best fishing that exists in any city — it's world-class fishing at your doorstep," said Canadian fishing champion (Big) Jim McLaughlin. "We have many species of fish and some major waterways."

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**Taser victim's mom angry after hearing another Vancouver airport horror story**

Kamloops resident Zofia Cisowski, mother of Robert Dziekanski, is angry after being told another Polish family had no help tracking their loved one at Vancouver airport. Dziekanski, 41, died after wandering at the airport for 10 hours before becoming agitated and being jolted multiple times by an RCMP Taser. **THE CANADIAN PRESS**

5

# Canada



## No gold medal for grammar

Lyricist Alan Frew, who wrote the words to the Olympic TV anthem *I Believe*, says he considers the song flawless — despite a grammatical error in the song's refrain "I believe in the power of you and I." Frew says he was determined to have the line rhyme with "fly," even though he realized, like Internet grammarians, that it should be "you and me."

THE CANADIAN PRESS

## Quebec Uh-oh, there's a train in the backyard



Workers inspect the porch and backyard of a house damaged in a train derailment in St-Charles-de-Bellechasse, Que., on Thursday. The Via Rail train carried about 120 passengers and 10 crew. Two passengers suffered minor injuries.

## An asterisk on our Games

IOC boss cites luger's death

**A death at the Vancouver Olympics will forever place an asterisk next to its place in the history books, says the world Olympics boss.**

Jacques Rogge says he has taken steps to ensure it doesn't happen again at the next Winter Games — in Sochi, Russia.

Georgian luger Nodar Kumaritashvili was killed during a training run at the Whistler Sliding Centre on the first day of the Vancouver Games.

Rogge, president of the International Olympic Committee, said it was "stupid" to think the luger's death won't forever be part of the Olympic Games.

"What happened in Munich is part of the Games," he said, referring to the

VANCOUVER  
**2010 Games**

hostage taking and killing of 11 Israeli athletes at the 1972 Games in Munich.

Rogge said he asked the Sochi organizers to think "safety first" as they build their sliding track for the 2014 Games.

**"I think the IOC has been very clear in saying ... please deliver us a track that will be not hazardous"**

IOC boss  
Jacques Rogge

"I think the IOC has been very clear in saying to the Russians, please deliver us a track that will be not hazardous."

The IOC, he said, "must make sure we have good Games, that's our final responsibility ..."

"It's not a responsibility in judicial terms, it's a moral responsibility," he said.

THE CANADIAN PRESS

## Embassy repairs may top \$5M

**HAITI** It could cost as much as \$5 million to fix the Canadian Embassy in Port-au-Prince, Haiti, badly damaged in last month's earthquake.

Diplomats have been working out of makeshift offices in the garage and

the few other parts of the building left untouched by the quake.

Ottawa has put out a call for tenders to conduct extensive repairs, and it pegs the value of the work at \$1 million to \$5 million.

THE CANADIAN PRESS

## News in brief

**MYSTERY** It sounds like a sketch from the TV show *M\*A\*S\*H*: Someone blew up a Porta-Potty at Canadian Forces Base Galetown — using a pyrotechnic used to simulate the flash and bang of artillery or mortar fire. It cost about \$800 to replace. **THE CANADIAN PRESS**

## Abuse panel set for comeback

**PARLIAMENT** The Conservative government is pledging to quickly resurrect the special Commons committee on Afghanistan once Parliament returns next week.

The committee, which died when Parliament was prorogued, had been dig-

ging into the contentious issue of Canadian complicity in prisoner abuse by Afghan authorities.

Opposition MPs speculated the government ended the parliamentary session to squelch the panel.

THE CANADIAN PRESS

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Canadian scientists surprised by a "powerful new option" in treating heart attack sufferers. Scan this code for the story. Learn how to scan the barcode with the instructions at the top of pg 2

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Just in time for the Jewish holiday of Passover, U.S. Secretary of State Hillary Rodham Clinton will try to resolve a trade dispute holding up a huge shipment of American-caught fish destined for seder dinners in Israel. Rep. Don Manzullo, an Illinois Republican, said Israel slapped a 120 per cent import duty on the fish. **THE ASSOCIATED PRESS**

# World



## Who's in charge in Nigeria?

While Nigeria's ailing President Umaru Yar'Adua remains unseen after being hospitalized for three months, his wife, Turai, left, has stepped into the spotlight in the oil-rich nation. Analysts warn a new political struggle could envelop Africa's most populous country that for weeks had no clear leader but now has a stricken president, an acting president and an increasingly powerful first lady. On Thursday, a headline in The Daily Sun newspaper proclaimed "Turai takes over." **THE ASSOCIATED PRESS**

## Northeastern U.S. braces for storm

**NEW YORK** Another big, powerful snowstorm barreled into the winter-weary Northeastern U.S. states Thursday, disrupting airline flights, closing schools and threatening high winds that could team up with the wet, heavy snow to topple trees and power lines. The storm was expected to drop at least 20 centimetres of snow over much of the region and linger more than 24 hours, meaning more headaches Friday. **THE ASSOCIATED PRESS**

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California gang police wary after being targeted by bizarre booby traps. Scan this code for the story.

## Neo-Nazis sentenced

Russia fighting post-Soviet surge of racist killings

**Nine young men who formed a neo-Nazi group and killed six people were sentenced to prison Thursday, as Russian officials battle a surge in racist assaults, hate crimes and xenophobia.**

The Moscow City Court said in a statement that 12 mostly underage neo-Nazis who called themselves "White Wolves" were charged with committing 11 murders and one assault since April 2007. A jury found nine of them guilty of six murders and one assault. The group was formed on Adolf Hitler's birthday to "exterminate" non-Russians and was active until early 2009, when its mem-

bers were arrested.

They preyed on Central Asians and other non-Slavic people with dark skin or Asian features kicking and stabbing them to death. During the attacks, which were often videotaped to be posted online, they chanted "Russia for Russians!"

Russia has experienced a surge of racist assaults, xenophobia and neo-Nazism in the years since the Soviet collapse. Amid the ongoing economic meltdown, nationalist groups are lashing out at labour migrants from ex-Soviet Central Asia and Russia's poor North Caucasus, accusing them of stealing jobs from ethnic

Russians.

In December 2008, a group of mostly underage neo-Nazis was sentenced to prison for murdering 19 people. They also posted videos of their attacks online with detailed instructions on how to kill "underpeople."

Authorities have recently cracked down on the most radical groups, and the number of hate crimes fell last year.

The Sova rights groups said 71 people were killed and 333 wounded in racially motivated attacks last year, down from 110 killed and 487 wounded in 2008.

**THE ASSOCIATED PRESS**

## Japan Fun in the mud



Men in loincloths jostle each other in a Japanese muddy rice paddy at a shrine near Tokyo, Thursday. Hundreds of locals took part in "the muddy rite" a ceremony to pray for a good harvest for the year and good health for babies.

## News in brief

**DUBAI** Water gushed from a leak in a shark-filled aquarium in a ritzy mall on Thursday,

shutting down nearby shops in one of the city's proudest attractions. **THE ASSOCIATED PRESS**

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A deadly fire that raced through a sweater factory near the Bangladeshi capital has killed or seriously injured dozens of people. Reports say there have been at least 11 deaths and 50 injuries in the blaze at the Garib & Garib Sweater Factory Thursday. **THE ASSOCIATED PRESS**

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## Toyota troubles may vindicate jailed man

**Ever since his 1996 Toyota Camry plowed into the back of an Oldsmobile, killing three people, Koua Fong Lee insisted he did everything he could to stop car.**

A jury didn't believe him and a judge sentenced him to eight years in prison. But new revelations of safety problems with Toyotas have Lee pressing to get his case reopened and his freedom restored.

Relatives of the victims — who condemned Lee three

years ago — now believe he is innocent and plan to sue Toyota. The prosecutor who sent Lee to prison said the case merits another look.

"I know in my heart that I took my foot off the gas and I was stepping on the brakes as hard as possible," Lee said from state prison. "When the brakes were looked at and we were told nothing was wrong, I was shocked"

Lee was driving his preg-

nant wife, four-year-old daughter, father and brother home from church in June 2006, when their Camry zoomed up an Interstate exit ramp, rear-ending a stopped car, killing a family.



Koua Fong Lee

Lee's accident is among a growing number of cases receiving attention since Toyota admitted its problems with sudden acceleration were more extensive than believed. **THE ASSOCIATED PRESS**



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## Child porn ring busted

**GERMANY** Prosecutors in Germany say police broke up a child pornography ring, seizing files with more than one million videos and photos of children, including babies.

Prosecutors in the city of Muenster said Thursday the data was found during raids of the houses of eight suspects. Authorities say three of them are also accused of repeatedly sexually abusing children. One of the suspects runs a children's modelling agency.

At least three other suspects are believed to live in the U.S. **THE ASSOCIATED PRESS**

## Trainers back to work with whale

**FLORIDA** Although trainers at SeaWorld in Orlando, Fla. will continue to interact with Tilikum — the killer whale that grabbed their colleague, Dawn Brancheau, and dragged her underwater, killing her on Wednesday — procedures for working with him will change, said a spokesperson Thursday.



Dawn Brancheau

**THE ASSOCIATED PRESS**

## News in brief

**SPAIN** Reports say authorities in Madeira, Spain have increased the number of people reported missing in the Portuguese island's deadly landslides last weekend to 29. The death toll remains at 42, since Saturday's storms, which sent boulders, snapped trees and sludge crashing into coastal communities.

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## Comment

# One step forward, 222 hectares back

## UrbanCompass

Steve Collins

metronews.ca/collins

It might strike some as strange to characterize a 222-hectare increase in permitted suburban development as "holding the line," but in the imperfect realm of municipal politics, you take what you can get.

Council this week reaf-

firmed its decision to expand the city's suburban boundary, outside which no major development is to take place, by only this amount. The boundary is meant to encourage more efficient, intensive development within the city and combat urban sprawl.

Urban development, properly done, increases population density, and provides walkable, diverse, sustainable neighbourhoods. The city's light rail plans are in part dependent on more people living near the proposed train routes.

City staff had last year

recommended expanding the boundary by 842 hectares. Land owners and developers, keen to increase the value of their holdings, wanted an expansion of more than 2,000. It is only in this context that an expansion of 222 hectares can be seen as a victory. The development approved is also of land in between areas that have already been built up, somewhat mitigating sprawl.

The drawing of lines on maps is distinctly unsexy stuff, so it was heartening to see 60 or so people demonstrating at city hall Wednes-

day in favour of keeping the brakes on development. It's true these were particularly motivated and organized individuals, and hence somewhat unrepresentative of the citizenry at large, but you'd be hard-pressed to find regular people who are enthusiastic about major new housing developments in the boonies.

There are few enthusiasts, outside the development business, of urban sprawl. Providing sewers and other services to far-flung, low-density housing puts a serious financial hurt on already-struggling mu-

nicipal governments. More and wider roads must be built through big stretches of nowhere to accommodate more commuters.

Up go transit costs, carbon emissions, air pollution and dependence on private vehicles. The environment and taxpayers take the hit, builders and developers take the profit, minus development fees, which do not cover the true costs to the city.

The further out development goes, the more wildlife habitat is lost, and coyotes start showing up in backyards and playgrounds.

The city will have to defend its decision before the Ontario Municipal Board, where aggrieved developers lawyer up and try to overturn the decisions of municipal governments. Proponents of new developments typically argue their plans are, without exception, not sprawl, but "smart growth." Taxpayers will have to cover the cost of these proceedings as well, but compared to the long-term costs of uncontrolled development, it's a bargain.

Steve Collins lives, writes and walks in Ottawa; ottawaleaders@metronews.ca

## Views

# Time to follow the yellow BRIC road

## InBusiness

Charles Davies

metronews.ca/inbusiness

One of the hottest business acronyms this year is BRIC. It stands for Brazil, Russia, India and China, four of the fastest growing economies in the world, and it represents a huge set of opportunities and challenges for Canadian companies.

The U.S., consumer of three-quarters of Canada's exports, is stumbling to-

wards economic recovery, a process that could take years. Meanwhile, the member countries of BRIC are surging ahead. The U.S. will be lucky to break three per cent in real GDP growth this year, but Brazil is on track for 4.8 per cent, Russia 4.9 per cent, India 7.3 per cent, and China, now the world's third largest economy after the U.S. and Japan, a breathtaking 10 per cent.

With the exception of China, which has become Canada's second largest trading partner (a seriously uneven relationship since the Chinese sell us about \$5 of merchandise for every dollar's worth we sell them)

we've hardly begun to exploit the opportunities afforded by BRIC. Our dealings with Brazil, for example, are comparatively trifling: Two-way trade with the world's eighth largest economy is little more than \$5 billion a year. Our overall investment there is just more than \$9 billion.

So here's the conundrum for Canadian corporations that export and invest around the world. Do you continue to rely on the good old U.S. market in the realization that it's likely to remain Canada's primary export market indefinitely? Or do you diversify and follow the yellow (as in gold-

en) BRIC road, where there are perils aplenty, but chances of huge growth?

It's a tough choice. For all their promise, the BRIC countries pose barriers of language, time, distance, unfamiliar business practices, baffling regulations, and complex markets.

Other BRIC countries have similar challenges, and they are sufficient to scare many into sticking with the same old thing. Then again, with great risk comes the prospect of great profitability.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



Tell us your views by email to [ottawaleaders@metronews.ca](mailto:ottawaleaders@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metroottawa

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Daniel Bonventre, 63, the former operations director for Bernard Madoff Investment Securities was arrested Thursday. Prosecutors said that, with Bonventre's knowledge, hundreds of millions of dollars were siphoned out of accounts belonging to Madoff's clients. **THE ASSOCIATED PRESS**

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Canadians underusing RRSPs: Report

**STATSCAN** When it comes to saving for retirement, Canadians are full of good intentions, but come up short on the follow-through.

While nearly 90 per cent of those who file taxes are eligible to contribute to an RRSP or registered retirement savings plan, only about one-third actually put money away into these tax-sheltered investment accounts.

In 2007, about 6.3 million tax filers put \$34.1 billion in their RRSPs, according to figures from Statistics Canada. That's just a tiny fraction of the \$560 billion of unused contribution room that Canadians carried forward that year.

Studies show that one-third of Canadians do not have an RRSP.

THE CANADIAN PRESS

## Gold could be worth \$1M

Olympic stars could earn big sponsorship bucks: Experts

VANCOUVER  
2010 Games

**What's a gold medal worth to an Olympic athlete in Canada? More than a million dollars in corporate sponsorships, a leading sports marketing agent says.**

Several athletes could qualify for superstar treatment as the Games draw to a close, Elliott Kerr, president of Mississauga-based Landmark Sport Group, said Thursday.

"We have a number of athletes — not a lot but a few — who should be able to generate in excess of seven figures from these Games," said Kerr, whose agency represents multiple



Canada's Kaillie Humphries, left, and Heather Moyse, who won a gold medal in women's bobsled at the 2010 Vancouver Olympic Winter Games, might be able to cash in after the games with corporate sponsorships.

medal winner Cindy Klassen. The speedskater signed a seven-figure deal

after the 2006 Games.

But an agent who represents corporate sponsors

cautions that Canada's athletes and their agents need to be realistic.

Despite the incredible popularity of the Vancouver Olympics, Canada is a small country with limited sponsorship opportunities, said Keith McIntyre of K. Mac & Associates in Burlington.

While athletes south of the border can command multimillion-dollar deals, it's rare for a Canadian medal winner to earn more than \$500,000 from corporate deals, he said.

Gold medal ice-dancing pair Tessa Virtue and Scott Moir were relative unknowns who are now seen as eminently bankable, Kerr said.

THE CANADIAN PRESS

## CIBC sees spike in quarter earnings

**PROFIT** CIBC opened the first-quarter earnings season of Canadian banks Thursday with big increases in revenue and profit compared with last year.

The Toronto-based bank, which is holding its annual meeting in Montreal, reported that profit for the quarter ended Jan. 31 was \$652 million, an increase from \$147 million a year ago.

A large chunk of the earnings for the quarter came from CIBC's Canadian consumer banking division.

THE CANADIAN PRESS

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Flush with gadget profits, Apple sits on a massive hoard of cash, which is how Steve Jobs intends to keep it. Scan this code for the story.



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**REIT makes earnings comeback**

Canadian Apartment Properties Real Estate Investment Trust has reported a big turnaround in its fourth quarter earnings. **THE CANADIAN PRESS**

**business 13**

# Fed probes U.S. banks' role in Greece crisis

## Firms might be profiting on debt default

**U.S. Federal Reserve chairman Ben Bernanke told lawmakers Thursday that the central bank is looking into Goldman Sachs and other Wall Street firms' use of a sophisticated investment instrument to make bets that Greece will default on its debt.**



Ben Bernanke

Bernanke said the Fed is looking into companies' use of credit default swaps, a form of insurance against bond defaults. Bernanke made the com-

ments at the start of a Senate Banking Committee hearing, where the Fed chief delivered his twice-a-year economic report to Congress.

"Obviously, using these instruments in a way that intentionally destabilizes a company or a country is counter-productive,"

Bernanke said, adding that the Securities and Exchange Commission probably will be looking into this matter as well.

"We'll certainly be evaluating what we can learn from the activities of the holding companies that we supervise here in the U.S.," Bernanke said.

The panel's chairman, Sen. Christopher Dodd, D-Conn., said he is troubled that this practice could worsen Greece's debt crisis.

"We have a situation in which major financial institutions are amplifying a public crisis for what would appear to be for private gain," Dodd said.

THE ASSOCIATED PRESS

**Business in brief**

**TRAVEL** Canada's international travel deficit edged up \$53 million to \$3.2 billion in the fourth quarter as Canadians spent more outside the country. Statistics Canada reports Canadian travellers spent \$7.1 billion outside the country in the fourth quarter, 0.8 per cent more than in the third quarter.

THE CANADIAN PRESS

**Tim Hortons brews up profits**

**EARNINGS** Tim Hortons Inc. brewed up a bigger profit in its latest quarter and is preparing to serve up higher dividends for its shareholders.

The Ontario-based restaurant company says it has boosted the dividend range and will raise its

quarterly payout by 30 per cent, to 13 cents per common share.

Tim Hortons had net income of \$91 million, or 51 cents per diluted share in the fourth quarter — a 32 per cent gain from the year-earlier profit.

THE CANADIAN PRESS

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The future spring training home of the Boston Red Sox will have a replica Green Monster and duplicate the dimensions of Fenway Park. The Red Sox, Lee County and Populous released preliminary renderings Thursday of the 11,000-capacity, \$75-million US ballpark, which is scheduled to open in 2012. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONews.CA



## No franchise tag for Brackett

The Indianapolis Colts let the NFL's deadline pass without using the franchise or transition tags on linebacker Gary Brackett, left. Brackett can become an unrestricted free agent March 5. Colts president Bill Polian said Wednesday he still hopes to re-sign Indy's defensive captain to a long-term deal before that date. **THE ASSOCIATED PRESS**



Chris Bosh sits on the bench in street clothes between Jose Calderon and Reggie Evans Wednesday.

## Bosh likely to sit

Injury may not let Raps star play against Cavs

Seeing how rare miracles truly are, Chris Bosh will find himself a spectator when the Raptors face the Cleveland Cavaliers on Friday night — a bored, frustrated non-participant.

The night might not be much more fun for his teammates if they don't figure out how to consistently perform without the team's best player and offensive anchor.

While scoring isn't often a problem for the Raptors — they lead the Eastern Conference and are fourth in the NBA averaging more than 104 points per game — it was in a Wednesday loss to Portland.

And while it was easy for Toronto to score enough to beat the likes of New Jersey and Washington without Bosh, it's an entirely different matter against a good team like the Trail Blazers or a great one like the Cavaliers.

"We really didn't get into any kind of rhythm," Antoine Wright said of the 87-point outing Wednesday. "Normally, with our team, we play inside and out and we never really established ourselves in the paint. In games like that, we tend to take more jump shots and we really couldn't get our shots to fall."

"He's the focal point of our offence but we have to figure out a way to stay in games when he's not out there."

Bosh did a little bit more on his sore left ankle Thursday than he has since injuring it a week ago but not enough to pronounce himself ready to return, suggesting it would take "miraculous healing overnight" for him to dress against Cleveland.

And he's not about to go out on the court unless it's a full-blown miracle. "I'm

not going to force anything, that's how you get in trouble and things don't go your way for the long run," he said.

"As good as (the Cavs) are, it's only one game, we still have a lot of basketball to play and we play them again."

"I'll look forward to it; if I miss this time, there's always the next time."

The danger Bosh's absence presents for the Raptors offence is that it's out of sync without him dominating the ball. Toronto had 16 turnovers in Wednesday's loss, a number attributable to not having a playmaker in the post.

"When you have Chris Bosh in the lineup, you give it to him and he either creates or holds the ball and makes a play," said coach Jay Triano. "Right now, we're having to make more passes each possession down the floor in order to find ways to score."

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## Lundmark seeks fresh start

**HOCKEY** Two bronze medals tucked into his mother's home somewhere in Edmonton are reminders of Jamie Lundmark's international service for Canada. He once played on a line with Dany Heatley, a player Lundmark watched on television again the other night, chasing a new medal at the Vancouver Olympics.

Lundmark is pursuing his own goal, albeit one less glorified, and contained for the moment to a chilly arena in the west end of Toronto. A decade removed from back-to-back third-place finishes at the world junior championships, the 29-year-old is fighting to earn steady employment with the Maple Leafs.

Once a can't-miss-kid touted by NHL Central Scouting, a gifted forward taken ninth overall by the New York Rangers, Lundmark is hoping to use the last 21 games of the season to prove he can play. He wants to accomplish some of the goals he set for himself back when he was 19, representing Canada and set to become a star.

"It seems like a long time ago," Lundmark said with a grin Thursday. "A lot has gone on since then. I've been in a lot of different places, played on a lot of different teams."

Toronto is the latest whis-



Jamie Lundmark is shown with the Los Angeles Kings against the Colorado Avalanche Feb. 24, 2007, in Los Angeles.

tle stop on his quest to find a home in the NHL. The Leafs claimed Lundmark off waivers from the Calgary Flames just before the league-mandated roster freeze took effect before the Olympics, becoming his fifth NHL team in a decade. In that time, he has only played in 280 regular season games, with 39 career goals and 57 assists. Lundmark had scored 40 goals in one season with the Moose Jaw Warriors, in junior, and was ranked among the top five North American prospects heading into his draft class.

The Rangers picked him,

a few spots below where the Vancouver Canucks selected the Sedin twins and 129 spots ahead of where the Buffalo Sabres took goaltender Ryan Miller, who has emerged as an international star for the U.S. at the Olympics.

Lundmark struggled to crack a roster already stocked with veteran forwards such as Mark Messier, Alex Kovalev and Bobby Holik. His travels between the NHL and the AHL began quickly, and have never really stopped, taking him to outposts such as San Antonio, Cleveland and Hartford. **THE CANADIAN PRESS**

## NFL takes look into concussions of possible draft picks at combine

**SCOUTING** The focus on head injuries in pro football is turning to this year's potential draft picks.

For the first time, all 329 invited players at this week's NFL scouting combine will be given a baseline brain activity exam — called the ImPACT test — and will likely face more grilling than previous classes did about their concussion histories. Those implementing the changes call it smart football.

"We're testing everybody, not just at-risk athletes who have had more than one concussion," said Dr. Art Rettig, an orthopedic surgeon at Methodist Sports Medicine in Indianapolis, which runs the medical

part of the combine. "Everybody will have this ImPACT test so they will have a baseline, and whatever team they end up with will be sent that baseline information."

That hasn't been standard operating procedure in past years, though all 32 teams individually now use similar tests on their own.

Doctors compare pre-injury and post-injury answers to determine whether a player can safely return from a head injury.

By testing everyone at the combine, the league will have a more standardized way of evaluating players and potentially collecting data about repeated hits to the head

**THE ASSOCIATED PRESS**

### Sports in brief

**NBA** The Washington Wizards bought out the contract of centre Zydrunas Ilgauskas and waived him, the team announced on Thursday. The seven-foot-three Ilgauskas, who was acquired from Cleveland on Feb. 17 as part of the three-team trade that sent Antawn Jamison to the Cavaliers, didn't play for Washington. **THE ASSOCIATED PRESS**

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An emotional Mark McGwire laments a 'sad day' after learning of his brother's upcoming tell-all. Scan this code for the story.

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**Vonn plans to race Friday**

The U.S. ski team says Lindsey Vonn will race in Friday's Olympic slalom despite her broken right little finger. **THE ASSOCIATED PRESS**

# Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

What to watch on Friday

**TV Highlights****Noon: Women's curling**

Bronze medal match China vs. Switzerland (Sportsnet).

**2:30 p.m.: Men's biathlon**

4x7.5km relay gold medal (OLN).

**3 p.m.: Men's hockey**

Semifinals U.S. vs. Finland (CTV);

**3 p.m.: Snowboarding**

Women's PGS gold medal (Sportsnet).

**4:30 p.m.: Alpine skiing**

Women's slalom gold medal (TSN).

**5:30 p.m.: Short-track speedskating**

Men's 500m gold medal, women's

1,000m gold medal, men's 5,000m relay

gold medal (Sportsnet).

**6 p.m.: Women's curling**

Gold medal match Canada vs. Sweden

(TSN).

**9:30 p.m.: Men's hockey**

Semifinals Canada vs. Slovakia (CTV).

FOR WEEKEND LISTINGS,  
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## VANCOUVER GAMES

**Medal Count**

NATION	Gold	Silver	Brass	TOTAL
U.S.	8	12	12	32
Germany	8	11	7	26
Norway	7	6	6	19
Canada	8	6	2	16
Russia	3	4	6	13
Austria	4	3	5	12
South Korea	5	4	1	10
France	2	3	5	10
China	4	2	3	9
Switzerland	6	0	2	8
Sweden	4	2	2	8
Netherlands	3	1	2	6
Czech Republic	2	0	3	5
Poland	0	3	1	4
Italy	0	1	3	4
Australia	2	1	0	3
Belarus	1	1	1	3
Slovakia	1	1	1	3

**On the web**

- Up-to-date medal standings and results
  - Complete day-by-day event schedule
  - Vancouver managing editor Fernando Carneiro's daily column ([metronews.ca/columns](http://metronews.ca/columns))
  - Metro-Blenz News Squad on-the-ground blog
- Visit [metronews.ca](http://metronews.ca) for more Games coverage.

## Women defend hockey gold

**Canada is golden again in women's Olympic hockey.**

The Canadian women's hockey team defended the gold medals won at the 2002 and 2006 Olympic Games with a 2-0 win over archrival U.S. Thursday at Canada Hockey Place.

Marie-Philip Poulin of Beauceville, Que., the youngest player on the Canadian team at 18, scored a pair of goals in the first period, showing off her soft hands and quick release.

Edmonton goaltender Shannon Szabados stopped all 28 shots for the shutout.

Szabados was an intriguing choice in net for her first start in an Olympic or world championship final. Coach Melody Davidson went with the 23-year-old over veterans Charline



Canada goalie Shannon Szabados dives to cover the net as Team USA's Monique Lamoureux closes in last night in the women's Olympic hockey final. Canada won 2-0 to take the gold.

Labonte, the winning goalie in the 2006 Olympic final, and Kim St. Pierre, the starter in the 2002 championship game.

Szabados showed no

rookie nerves to start the game, however. She came out of her net to play the puck and made glove saves with confidence. She kept the Americans off the

scoreboard during five-on-three chances at the start of both the first and second periods. U.S. goalie Jessie Vetter made 27 saves. **THE CANADIAN PRESS**

## IOC boss offers Rochette support

**FIGURE SKATING** Canadian skater Joannie Rochette is getting plenty of support at the Vancouver Olympics, including from IOC president Jacques Rogge.

Rochette, whose mother died on the weekend, stood third in the women's figure skating competition going into Thursday's long program. "This

must be a very tough time for her, I respect totally what she does," Rogge told reporters. "I wish her well for the long program ... I totally respect her decision (to compete) and I admire her courage."

**THE CANADIAN PRESS**

Joannie Rochette

## Games bring Vancouver and Canada out of shell

**GamesAnalysis****Matt Galloway**

Guest Columnist

It's hard to describe what 200,000 people partying in the street sounds like. I have a good vantage point — the partying has been happening every night, almost all night, 15 floors down from my hotel room — and it's still hard to peg. The noise starts as a dull roar, punctuated occasionally by air horns, spontaneous rounds of O Canada and drunken shouts.

This enthusiasm will, for many, be the lasting image of these games.

Vancouver has come out of its shell in the last 10 days. As impressive though, is the fact we Canadians also seem to have come out of our shells.

Everywhere you go in this city, an overwhelming number of people are wearing something red, something that has CANADA printed on it.

There is a celebratory mood on the streets here. Some of that has been helped by stunning weath-

er that has people checking their calendars to ensure it is really February.

Even a week of sunshine, double-digit temperatures and blossoming cherry trees can't explain why people from across the globe would cheerily line up for hours to do just about anything.

In many cities, including my hometown of Toronto, this would be greeted by grumbles, or worse. Here, people make an event out of it, thinking nothing of waiting for

seven or eight hours to ride the zipline over Robson Square. Sure, the 40 seconds of terror as you whizz over thousands of people is absurdly fun, but who would wait an entire day for 40 seconds?

Plenty of people, actually. And in a way, that helps explain what the Olympics have done to this city.

You can be cynical about the five-ring circus for good reason. But it's hard not to be swept up in the celebratory feel of the place. Even from 15 floors up at 2 a.m.

Matt Galloway is the host of Metro Morning on CBC Radio One 99.1 FM in Toronto.

## WHERE WERE YOU WHEN Canada won GOLD?

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## Vancouver Games



## Cautious approach

**Team Canada would do well to adopt the attitude of its most consistent performer heading into a potentially dangerous semi-final against Slovakia.**

Jonathan Toews has stood tall in the pressure-packed Olympic men's tournament, taking his game to another level and leading the event with seven points and a plus-9 rating. At just 21, he's the youngest forward on the Canadian team and he's intent on doing everything he can to stay in the moment.

"There's a lot of pressure and there are a lot of eyes watching," Toews said Thursday.

"It's a tremendous opportunity for any player to be in a situation like this. You've got to ask yourself: 'How many more chances are you going to get like this?' You've got to take advantage of it and really play your best and enjoy it as much as you can."

"That's what I'm trying to do."

Next up for Canada is a Slovakian team (Friday at 9:30 p.m. on CTV) that has pulled a few surprises so far.

Coming on the heels of the breathtaking quarter-final victory over Russia,



With seven points, Canada's Jonathan Toews is tied for the lead in the men's Olympic hockey tournament scoring.

there seems to be a growing feeling among the Canadian public that a path to the gold-medal final is all but assured.

However, the Canadian players were being much more cautious than fans and reporters, a wise move after Slovakia knocked off defending champion Sweden in the quarter-finals.

"There are no easy games in this tournament," said goalie Roberto Luongo, who will get another start. "Every team is

a capable winner. The four teams left want to win the gold so we have to play our game. That's how we're going to play our game."

The approach seems particularly sensible considering the way the tournament has unfolded. Slovakia boasts the best power play and penalty kill of the 12 teams here, employing a patient style while relying on good goaltending from Jaroslav Halak to get past opponents.

THE CANADIAN PRESS

## Canada's version of girl power

**DOMINANCE** Let's hear it for the girls.

Women have accounted for more than three-quarters of Canada's medal haul at the Vancouver Olympics.

Their performances have been so strong that Canadian Olympic Committee CEO Chris Rudge gave some props to "the wonderful young women in this country" during a news conference Thursday.

"Two-thirds of our medals in Torino (four years ago) came from female athletes, I think right now it's 80 per cent, and I don't see that trend changing a heck of a lot as we go forward," he said.

Heading into Thursday's

Clara Hughes

competition, women had claimed four of Canada's seven gold medals while another belonged to the ice dance duo of Tessa Virtue and Scott Moir.

Five of the six silver medals and both bronze also went to the women.

Long-track speedskater Clara Hughes, who won a bronze in the 5,000 metres on Wednesday to match Cindy Klassen's



Canadian record of six career medals, offers a theory why.

"I think realistically, and I hate to say this as a female, but there's a lot more depth in men's sport and it takes a lot more resources to be able to develop men to the same level as women in many sports," said Hughes.

"There is so much depth, especially in the endurance sports, it takes more time, it takes more resources, and I'm not saying it's easier to win as a female, but in terms of depth it is different.

There is depth (in women's sport), but it doesn't run as deep."

THE CANADIAN PRESS

## Bernard to face Sweden in gold medal battle

**CURLING** Canada's Cheryl Bernard is one win away from Olympic gold after knocking off two-time silver medallist Mirjam Ott of Switzerland 6-5.

Bernard took a 6-4 lead into the 10th end of Thursday's semifinal at the Vancouver Games and won when Ott missed on a take-out attempt with her final stone. Ott was able to knock Bernard's rock out

## Kevin Martin

- Canada's Kevin Martin defeated Sweden 6-3 in men's curling Thursday to advance to the gold medal game at the Vancouver Winter Olympics.


of the rings, but her shooter sailed too far, forcing the Swiss to settle for one. Ott looked down at the

ice in despair following the miss, while Bernard's rink hugged in celebration.

The 43-year-old from Calgary moves on to the gold medal game Friday against Sweden's Anette Norberg, who beat China 9-4 in the other semifinal.

Norberg is the defending Olympic champion, though she lost to Bernard in their round-robin matchup.

THE CANADIAN PRESS




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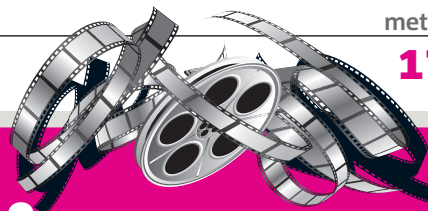


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# Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Movies

### Wonderland gone Mad

Pg 18



Johnny Depp was ready to play any character in Tim Burton asked him to; for Alice in Wonderland he wanted him as the Mad Hatter.

## Movies

Pg 20



The Crazies shines as an elegantly constructed thriller.

## Music

Pg 23



Zeus steps out of Jason Collett's shadow with Say Us.

## Television

Pg 27



Citytv's What's Cooking dishes on bacon and quinoa.

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## Movies

MOVIES EDITOR: KUMAR.SAHA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR



Johnny Depp picks up another eccentric role — this time the iconic Mad Hatter in Alice in Wonderland.

# Johnny's new Mad-ness

Think Hatter's weird? Depp was ready to play Alice

NED EHRBAR  
Metro World News

## Movie feature

Over the course of 20 years and seven films working with director Tim Burton, Johnny Depp has had the opportunity to inhabit some very peculiar characters, from the skittish (Edward Scissorhands) to the manic (Charlie and the Chocolate Factory) to the murderous (Sweeney Todd).

So when Burton signed on to direct a new Alice in Wonderland, Depp naturally was already on board.

"To be honest, he could've said Alice and I would have said yes," Depp says with a laugh. "I would have done whatever character Tim wanted, but certainly the fact that it was the Mad Hatter was a bonus."

Though his Alice

would've certainly been interesting, Burton chose the Mad Hatter for Depp. Even though they're longtime collaborators, Depp wasn't necessarily at ease heading into the project. "There's a certain amount of pressure where you go, 'Jesus, will this be the one where I disappear him?'" Depp says of working with Burton. "I try really hard, especially early on, just to come up with something that's very different and that he hasn't experienced before. I just try not to embarrass him, basically."

Known for escaping into eccentric roles, Depp saw

Lewis Carroll's iconic oddball as an opportunity.

"It's a great challenge to find this guy and not just be a rubber ball that you heave into an empty room and watch bounce all over the place, but to find that part of the character and also a little bit more history or gravity to the guy," he says.

Even though he's one of the biggest movie stars in the world, the admittedly eccentric Depp insists he's more surprised than anyone at his fame, given the types of work he gravitates toward.

"My whole experience in this business defies logic. I'm still completely shocked that I still get jobs and still am around, you know?"

**Alice In Wonderland opens next Friday**

## On the web

• For movie trailers, photos and screen times — or to buy tickets — visit [metronews.ca/movies](http://metronews.ca/movies)

Depp says. "I felt like after I'd done Cry-Baby with John Waters and Edward Scissorhands with Tim Burton that they were going to cut me off right there."

But even after all their work together, Depp admits it's still the first project, Edward Scissorhands that stands out — at least for his children. Depp says that Lily-Rose, 10, and Jack, 7, prefer his early work.

"They just connect with the character," Depp says. "I think they see something — you know, their dad feeling that isolation, feeling that loneliness. They bawl."

## When it comes to laughs, it's a Cop Out

## Cop Out

Director: Kevin Smith

Stars: Tracy Morgan, Bruce Willis, Seann William Scott

Classification: STC

Rating: ●●

HEIDI PATALANO  
Metro World News

**REVIEW** It's not a surprise that Kevin Smith's first major studio picture (written by Robb and Mark Cullen, making this the first Smith-directed film that he did not write himself) is front-loaded with a lot of sure-fire wins.

You've got Tracy Morgan doing Tracy Morgan — considering his success on 30 Rock, all he has to do give a pensive glance to get some laughs. Bruce Willis does the tough-guy thing

— but he really mails it in.

There's even Seann William Scott doing that same riff on Stifler he's been milking for his entire career. It's like a pizza burger — too much happening at once, and nothing seems to be meant to go together. This story is unseasoned, dull and filled with a lot of extraneous crap you don't want.

Buddy comedies may be hot these days, but what makes them work is often dependent on the chemistry of the lead characters and a plotline that while moderately conventional, employs some degree of ingenuity in moving the film along.

Instead, Kevin Smith offers poop jokes as usual.

• For a Cop Out trailer, photos and screen times, visit [metronews.ca/movies](http://metronews.ca/movies)



Tracy Morgan stars in the Kevin Smith comedy Cop Out.

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## Portman on a high

What is it about Natalie Portman and stoner comedies? Fresh from the Danny McBride period piece, *Your Highness* (clue's in the title, folks), the 28 year-old actress is in negotiations to produce and star in *Best Buds*. [EMPIREONLINE.COM](http://EMPIREONLINE.COM)



## Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

# Cheadle among Finest

HEIDI PATALANO  
Metro World News

Don Cheadle is curled up on a couch at the Waldorf Astoria. He jokingly makes like he's going start sucking his thumb and pass out as we sit down for an interview about his latest project, a cop-drama *Brooklyn's Finest*, directed by Antoine Fuqua. Turns out that it's hard to get a good night's sleep at the world's most famous hotel.

**Q** You look tired. Did you take the red eye in from L.A.?

I didn't but I'm sure

**A** there are ghosts in this hotel. There have to be. Last night, I had to get up and talk to some people who weren't alive. (To the room) Come on you dead famous people, get out of here, man. Give another guy a shot.

**Q** Speaking of giving another guy a shot, in *Brooklyn's Finest* you play an undercover cop who befriends a drug lord played by Wesley Snipes. How do you think the movie would've been different if you switched roles?

**A** I think it still would've been all right, just with a different take on it. We've come from a similar place. He's a theatre dude and



Don Cheadle plays a cop who befriends a drug lord in the drama *Brooklyn's Finest*.

**Brooklyn's Finest opens next Friday**

**Q** I'm a theatre guy. Wesley always says the repertory theatre is what he always thought he'd be doing and that's what I always thought I'd be doing.

**Q** The NYPD sometimes has a tenuous relationship with the public. What do you think *Finest* has to say about them?

**A** If you looked at this movie, you'd go wow, cops are under a lot of stress. They have a lot of s--- to deal with.

That's kind of where it was — not an indictment per se on the New York Police Department.

**Q** *Finest* is a heavy drama. Do you have a preference for comedy or drama?

**A** I think a lot of people — I don't know why they don't see me that way but I'd love to do more comedies. It's really my first attraction.

**Q** What was it like working with Antoine Fuqua?

**A** Great. We had a really good time. He was really collaborative and had a lot of energy and is very almost athletic the way he approaches stuff — real visceral.

**Q** Of any movie nominated for a Best Pic-

ture Oscar this year, which one would you want to have been in?

**A** Avatar, sure. I think it's one that you would have liked to be in as the end product though doing it probably would be very tedious. With *Iron Man 2* doing this motion capture and some other things I had to deal with, it's very tedious.

**Q** You've been a big advocate for aid in Darfur. With all the recent attention given to Haiti, how do you sustain interest for your own cause?

**A** It's very hard. People get attention deficit disorder about things in this world where there's blogs and Twitter.

## 3 ACADEMY AWARD NOMINATIONS

BEST ACTOR - JEFF BRIDGES  
BEST SUPPORTING ACTRESS - MAGGIE GYLLENHAAL  
BEST ORIGINAL SONG - "THE WEARY KIND"

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## Reel Time

★★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★★ GOOD; ★★★ FAIR; ★★ POOR

# Crazies bloody good show

### The Crazies

**Director:** Breck Eisner  
**Stars:** Timothy Olyphant, Radha Mitchell  
**Classification:** STC  
**Rating:** ★★★★★

CHRIS ALEXANDER  
 for Metro Canada

**The Crazies** — director Breck Eisner's intense remake of George A. Romero's same named 1973 thriller — is not a zombie film.

Sure, it deals with a cataclysmic viral outbreak that turns its hosts into blister-

ing madmen and yes, it carries the weight of Dawn of the Dead guru Romero's name.

But the fiends in The Crazies are not dead, nor do they hunger for human flesh. Even at their most vile, they retain a semblance of their humanity and it's that touch that gives this elegantly constructed shocker its soul.

The film casts always magnetic actor Timothy Olyphant (mining his iron jawed lawman character from HBO's Deadwood) as a small town Nebraska Sheriff who gets swept up in the traumatic events following

an outbreak of a biochemical virus nicknamed "Trixie" (Romero's original film is also known under the title Code Name: Trixie).

Said virus drives its victims to engage in their basest, most hostile impulses while their bodies ooze and bleed out. It ain't pretty, nor is it meant to be.

Although The Crazies has its fair share of armrest shredding shocks, it's the relationship between Olyphant and his possibly infected wife (played by the chisel faced Australian beauty Radha Mitchell) that keeps you watching and engaged.

The dynamic turns from the two leads are matched by Eisner's effective and unpretentious directing, Mark Isham's rumbly but unobtrusive score and most impressively, Maxime Alexandre's absolutely splendid cinematography.

As in the work of Romero, there's a dose of social criticism simmering on the sidelines and ultimately — outside of a few sloppy jump scare cheats — The Crazies is a smart, sophisticated and refreshingly serious minded horror film made by adults for adults. A bloody (often very bloody) good show.



Timothy Olyphant and Radha Mitchell star in The Crazies.



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## King Edward Avenue Lane Reduction Feasibility Study Open House

Thursday, March 4, 2010  
 6:30 to 8:30 p.m.  
 (Presentation at 7 p.m.)  
 Routhier Community Centre  
 172 Guigues Street, 1st floor Lounge

The City of Ottawa is undertaking a feasibility study that examines options for reducing the number of lanes on King Edward Avenue between Rideau Street and Sussex Drive. As part of this work, an evaluation of the community and transportation impacts of three alternative lane configurations is being carried out.

Please join us at the Open House to review the findings to date and provide your feedback. Your input is very important. It will help us understand your perspective on the King Edward Avenue corridor.

The results of the study will be presented to Transportation Committee in May 2010. Recommendations will be based on study results as well as the feedback received from stakeholders during the Open House.

Given the recent reconstruction of King Edward Avenue, if a lane reduction alternative is determined to be feasible, the recommendation to Transportation Committee will also explain how a future lane reduction could be achieved in a cost-effective way and with minimal disruption to the community.

Further information about the study can be found on the City's website at: [ottawa.ca/kingedwardstudy](http://ottawa.ca/kingedwardstudy)

If you have questions about the study or the open house, please contact:

Michael Murr  
 Community Sustainability Department  
 Infrastructure Services and Community Sustainability  
 City of Ottawa  
 110 Laurier Avenue West,  
 Ottawa, ON K1P 1J1

Tel: 613-580-2424, ext. 25195  
 E-mail: [Michael.Murr@ottawa.ca](mailto:Michael.Murr@ottawa.ca)

[ottawa.ca/kingedwardstudy](http://ottawa.ca/kingedwardstudy)

## Judd gives raw performance

### Helen

**Director:** Sandra Nettlebeck  
**Stars:** Ashley Judd, Goran Visnjic, Lauren Lee  
**Classification:** STC  
**Rating:** ★★★★★

ANNE BRODIE  
 for Metro Canada



Ashley Judd and Goran Visnjic in Helen.

**REVIEW** Ashley Judd knows intimately the emotional landscape of her latest film. She goes deep into the dark night of the soul in Sandra Nettlebeck's harrowing study of depression.

Given its unrelenting depiction of debilitating sadness, it's easy to imagine Judd must have felt some serious emotions while preparing for it and shooting. The actress has spoken openly about her own struggles with depression.

Judd brings heart breaking authenticity to the role, layering in subtleties of depression that are not

often represented in film, one of the most interesting being her alliance with a dependent fellow sufferer. The result is a visceral, painful ride.

Helen is a renowned music teacher apparently living the good life with a loving husband and daughter, friends, money and freedom. There are hints that all is not well in early scenes that naturally and organically spiral into full blown mental illness, in Helen's case "severe suicidal depression."

This terrible illness threatens her life, and has

an inevitable backwash effect, confusing and hurting the people who mean the most to her. She separates from them, believing they are no longer relevant to what she's going through.

But they refuse to take the hint. She chose not to share her history of institutionalization with her second husband (Visnjic), so he has to learn fast. He can't fathom why he finds her on the brink of suicide, because she is a "successful, happy woman" only to be told she's not happy, she is ill.

Judd's performance is as naked as she has ever done. From the urgency of Helen's frequent breakdowns to her unwashed, raw look, she is the embodiment of a woman bedevilled by forces outside her control.

Nettlebeck executes the film well, but lets it run on too long. For a film this dark, it's wise to know when to cut.

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 -Gary Goldstein, LOS ANGELES TIMES

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**Cage, Reynolds sign up for The Croods**

Nicholas Cage, right, and Canadian Ryan Reynolds have signed on to provide the main voices for DreamWorks new caveman comedy The Croods. **IMDB.COM**

**Reel Time**

\*\*\*\*\* A CLASSIC; \*\*\*\* EXCELLENT; \*\*\* GOOD; \*\* FAIR; \* POOR

# What's plaguing Hollywood?

**InFocus****Richard Crouse**

metronews.ca/infocus



Like *The Crazies*, *28 Days Later* (pictured) delves deep into the bio-thriller genre.

This weekend's *The Crazies*, a remake of a 1973 George A. Romero film, is one of those "everyone we know is dead" movies.

It's the story of a virus that turns the inhabitants of a sleepy Norman Rockwell town into koo-koo bananas killers. In this age of big diseases with little names — AIDS, SARS — and deadly airborne germs like swine flu, bacteriological horror movies have some resonance, but they're nothing new.

In recent years *28 Days Later* — which is kind of like *The Crazies* with Eng-

lish accents — and the Ebola-esque Outbreak have used airborne illness as a starting point for their medical mayhem, but without *The Andromeda*

Strain, *The Cassandra Crossing* or the intense vision of *Panic in the Streets*, those movies may not have existed.

Written by Michael

Crichton when he was still a medical student, *The Andromeda Strain* sees an outer space biotoxin destroy a small town in New Mexico.

Directed by Robert Wise — also helmer of *The Day the Earth Stood Still* and *The Sound of Music* — the movie mixes standard sci fi with credible medical theory and contains eerie lines like,

"Most of them died instantly. A few had time to go quietly nuts."

More down to earth is *The Cassandra Crossing*, a big budget disease-on-a-train flick. This time it's not an extra-terrestrial virus, but a plague contam-

inated terrorist starting all the trouble. Structured like a *Love Boat* episode, with an all star cast that mixes and matches Sophia Loren with OJ Simpson, it has none of *Andromeda*'s serious edge but for sheer cheesy fun it can't be beat.

Predating all of them was *Panic in the Streets*, a low-budget film noir set in 1950s New Orleans. In it a doctor and policeman (Richard Widmark and Paul Douglas) have just 48 hours to track down an illegal immigrant infected with pneumonic plague and stop a possible eruption of Black Plague.

Made during the Cold War, the rapid spread of

the infection plays like a paranoid metaphor for the proliferation of Communist ideology.

Despite this subtext director Elia Kazan said: "This isn't very deep. It has other virtues. It has lightness of foot, it has surprise, it has suspense, it's engaging."

Next to jump on the bio-thriller bandwagon will be Steven Soderbergh who is set to team with Matt Damon and Kate Winslet in *Contagion*, a thriller focused on the threat posed by a deadly disease.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrcro33@hotmail.com.

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**This week's new releases are highlighted in pink.**

THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 26 TO THURS., MAR. 4. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

**tuesdaystheromancestore.com**



## The Billboard 200

1. Soldier of Love, Sade, right; 2. Recollection, k.d. lang; 3. The Fame Monster, Lady Gaga; 4. Need You Now, Lady Antebellum; 5. American VI: Ain't No Grave, Johnny Cash. METRO NEWS SERVICES



## Music



Steven Tyler

## Steven Tyler back with Aerosmith

**BANDS** After turmoil that included squabbling, threats of a lineup change and a rehab stint, Aerosmith is back and ready to rock.

The Rock and Roll Hall of Famers have announced a European summer tour — with Steven Tyler.

The announcement was made via a video post on the band's website Wednesday. Tyler was sitting with the rest of the band and joked: "I just auditioned and I got the gig."

Aerosmith has been in limbo since Tyler fell off a stage in August, injuring himself and forcing the band to cancel the rest of their summer tour.

THE ASSOCIATED PRESS

**TOP 10 RINGTONES**

- 1 Believe
- 2 Tik Tok
- 3 Kesha
- 4 Red Rock
- 5 Young Money
- 6 Forever
- 7 Drake
- 8 Super Mario Bros. DJ Cover
- 9 Blah Blah
- 10 Kesha

Wavin' Flag  
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**ROGERS**

# Zeus steps out of shadow

## Jason Collett backup band hailed as next big thing in Canadian rock

BRYAN BORZYKOWSKI  
for Metro Canada



The history of rock music is littered with backup bands. Some you've never heard of, but others, like The Band (Bob Dylan) and The Eagles (Linda Ronstadt), are at least as famous as the acts they supported.

While Zeus still have a while to go before they reach Hotel California status, they've already stepped out of their employer's shadow.

For the last couple of years, the Toronto-based foursome has been Jason Collett's backup band, providing the tight, indie pop spine to the singer's Dylan-inspired tunes.

The partnership has been a fruitful one — Collett's never sounded better, while Zeus was able to learn a few things without the pressure of releasing their own albums. "Jason was a real inspiration for arranging," says Carlin Nicholson, the band's bassist and co-founder. "He's got this I don't give a s— style that I love."

Not only did the group play with Collett, they recorded with him too, acting as producers on his latest record Rat a Tat Tat. It was natural to work with him in that capacity too — they already know how the Broken Social Scene member ticks, so they didn't do as much arranging as they normally do when they produce other musicians.



Zeus' full-length debut Say Us is a retro pop album, taking cues mostly from classic Brit-rock.

**"Anything I do with my time that doesn't have to do with I want to be doing in 10 years time — whether it's playing or recording — is counter productive."** Carlin Nicholson

"A lot of trust has built up over the years with Jason," Nicholson explains. "We'd just add harmonies and produce his esthetic. We know what he likes."

It was eventual that the group would record their own music — the members had released albums with other acts — and after Collett played some of their tunes to his label,

Arts & Crafts, the stage was set for the band's full-length debut.

Say Us is a retro pop album, taking cues mostly from classic Brit-rock. The album is replete with bouncy melodies, fuzzy distortion and '60s sounds, packaged together to feel a lot like a slick Arts & Crafts act.

They're already being

hailed as the next big Canadian act, and that's a good thing for Nicholson, who's got no plan B if the music gig doesn't pan out.

"I always assumed things would eventually happen," he says. "Anything I do with my time that doesn't have to do with I want to be doing in 10 years time — whether it's playing or recording — is counter productive."

Fortunately, it's likely he'll always be able to be a backup band. Even if they do make it big, the group has no plans to abandon their job with

### Zeus in Ottawa

• Zeus plays with Jason Collett, Zeus & Bahamas at Zaphod's Palace on April 14

Collett.

"We're going to continue to do that," he says. "There are no conflicts there, even though Jay is our buddy, our manager and our boss."



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## 24 movies&entertainment

### Music

# Kiss of Fan Death

CAM LINDSAY  
for Metro Canada

If the name Fan Death doesn't ring a bell, well, that's all right, they're used to it.

Named after a South Korean urban legend and formed by Dandilion Wind Opaine and Szam Findley, the group began as a distraction from their avant-electro punk project Dandi Wind. Adding Marta Jaciubek-McKeever on keyboards and vocals, the trio began to make waves with their debut single in 2008 without anyone realizing who they were — including their own friends.

"I think because of my image, even Dandi's closest friends were like, 'Check out this new band.' And she'd be like, 'Yeah, it's me!'" says Jaciubek-McKeever. "No one knew because she has embraced her feminine side. With Dandi Wind she was more of this creature, an animal. I think with Fan Death, people for the first time are like, 'Who is this cutie pie?'"

If you've never had the pleasure to witness Dandi Wind live, their show is theatrical, extroverted and feral; a heady mix of performance art and outsider pop. Jaciubek-McKeever was brought in to be the difference maker in Fan Death.

"They wanted a different feel, because otherwise it would be just another Dandi Wind album," she says.

"They asked me to join and add a little bit of sunshine to the darkness."

On the group's new EP, A Coin In The Well (Last Gang Records), and upcoming debut full-length album, Womb Of Dreams (out in May), there is plenty of both sunshine and darkness. Jaciubek-McKeever compares their dynamic to another well-known act.

"I guess people compare me to Martin Gore in Depeche Mode," she admits. "Basically all I do is smile, watch Dandi and watch the crowd respond to her. It's an amazing interaction. She has an amazing sense of humour that comes off on stage. Dandi's more like Dave Gahan."

While Depeche Mode could be a contributing factor in their sound, Fan Death are rooted more in disco's ostentatious string arrangements, elastic grooves, four-on-the-floor rhythms and undulating synths. Jaciubek-McKeever sees it as a collision between the members' histories.

**"We were interested in organic sounds, like the strings and horns, and that's what appealed to us about disco."**

Marta Jaciubek-McKeever

"The violinist and cellist from my folk band ESL played on the first Fan Death single Veronica's Veil, so it was more like a true collaboration of our projects, ESL and Dandi Wind," she says. "We were interested in organic sounds, like the strings and horns, and that's what appealed to us about disco. It's a little more honest and real than just electronic music."

Coin In The Well is the new EP from Fan Death.



## EMI appeals ruling that Men at Work copied kids' tune

Record company EMI lodged an appeal Thursday against a court ruling that the Australian band Men at Work copied a flute melody from a children's campfire song in their 1980s hit Down Under.

EMI filed papers with the Federal Court in Sydney listing 14 grounds for appeal and saying that songwriters Colin Hay and Ron Strykert did not breach copyright in the song.

EMI said similarities to two bars of the song Kookaburra Sits in the Old Gum Tree might be noticed by "the highly sensitized or educated musical ear" but were unlikely to be noticed by the ordinary listener.

The company said the inclusion of the melody was at most a form of tribute to the tune written more than 70 years ago by Australian teacher Marion Sinclair for a Girl Guides competition.

Earlier this month Federal Court Justice Peter Jacobson ruled that the famous flute riff from Down Under had "a sufficient degree of objective similarity" to parts of the children's tune.

Publishing company Larikin Music, which holds the copyright for Kookaburra, is seeking millions of dollars in royalties from EMI and the songwriters.

EMI also argued in its appeal that the Girl Guides Association of Victoria

state actually owned the copyright, as they sponsored the 1934 song competition.

A date has not been set for the appeal to be heard.

Down Under and the album Business As Usual topped the Australian, American and British charts in early 1983. The song remains an unofficial anthem for Australia and was ranked fourth in a 2001 music industry survey of the best Australian songs. Men at Work won the 1983 Grammy Award for Best New Artist.

Kookaburra, about an Australian native bird, is a campfire favourite from New Zealand to Canada.

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## Music

# Peter Hook and the Haçienda

In front of a packed auditorium at the By:Larm Music Festival, Peter Hook, co-founder of

both Joy Division and New Order, is holding forth. He's just released a book on one of most infamous money

pits in the history of music. Hooky is here to explain how not to run a nightclub. He means, of course, Man-

chester's infamous Haçienda.

"Rob Gretton, our manager, and (Factory Records boss) Tony Wilson felt that there was nowhere in Manchester for people like us to go and we should put it right. They came to us with a budget of £40,000 (\$65,000) split between us and Factory, which escalated to £350,000 (\$560,000)."

And that was just the beginning. While lots of money eventually came through the doors, no one kept track of operating costs. Even at the peak of the acid rave days of '87-'88, the club lost \$16,000 a month.

"We didn't find out until the taxman came by. We told the girl at reception 'When he comes, give him these books (the 'legal' ones), not those books.' Guess which ones she gave him?"

This triggered a full-scale spelunking of the Haçienda's accounting methods. "The taxman must have thought all his Christmases

## SoundCheck

Alan Cross

metronews.ca/soundcheck

had come at once. Not only did he investigate us individually, he investigated Factory, the Haçienda, New Order and Joy Division."

T-shirts were a problem. Incredibly, Joy Division never issued official t-shirts. Tax Man didn't believe that, so he fined them for not reporting tax on the sale of t-shirts they never made or sold. And as a final bizarre touch, the audit ended with tax officials queuing up to have their New Order records autographed.

"We got the record tax fine for a group in England: £875,000 (\$1.4 million). It took us ten years to pay it off. Thanks to the Haçienda, Joy Division and New Order did not earn any money. But Tony Wilson



Peter Hook is the co-founder of Joy Division and New Order

did say we should thank the tax man because we wouldn't write such great music if we weren't so f—ing miserable."

In addition to plugging Haçienda: How Not to Run a Nightclub and preparing a new book on Joy Division, Hooky has a new band called Freebass.

Oh, and he's back in Manchester where he's just opened a new nightclub. Seriously.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at [ongoinghistory.com](http://ongoinghistory.com) and [exploremusic.com](http://exploremusic.com)

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## No suspects

Helen Mirren's star turn in Prime Suspect is turning out to be a hard act to follow. Production on the pilot for a U.S. remake has been pushed back by NBC because of difficulties casting the lead role, according to The Hollywood Reporter. **TVGUIDE.COM**

## Television



## What's Cooking Confetti Quinoa Salad

**PREP TIME:** 5 min  
**COOKING TIME:** 55 min  
**MAKES:** 8 servings, 3/4 cup (175 mL) each.

**WHAT YOU NEED:**  
2 cups 25%-less-sodium chicken broth  
1 cup quinoa, uncooked  
1 cup cooked fresh corn  
1 each green, yellow and red pepper, chopped  
1/3 cup Kraft Signature Mandarin Orange with Sesame Dressing  
1/4 cup chopped Italian parsley  
1/4 cup Back to Nature Sea Salt Roasted Almonds,

coarsely chopped

**PREPARATION:**

1. Bring broth and quinoa to boil in saucepan on high heat; simmer on medium-low 15 min. or until liquid is absorbed. Spoon into large bowl; cool.  
2. Add all remaining ingredients except nuts; mix lightly.  
3. Top with nuts.

**NUTRITIONAL INFO**

Calories 170  
Total fat 6  
Saturated fat 0.5  
Cholesterol 0  
Sodium 230  
Carbohydrate 26  
Dietary fibre 3  
Sugars 5

IAN JOHNSTON  
for Metro Canada

Bacon may be the "in" thing in 2010 cuisine, but that doesn't stop the co-host of *What's Cooking from being a little skeptical of some trendier pork-related items.*

"Bacon-flavored ice cream is one you hear of these days. And chocolate-covered bacon. I can't wrap my head around that," says Jack Hourigan, the resident "everyday cook" of the Citytv food series.

"But maybe it's like the first guy who tried lobster."

Hourigan — who has hosted several lifestyle and cooking series on both sides of the border — has seen a



Jack Hourigan

What's Cooking airs Saturday nights on Citytv

few food trends come and go over the years. Still, she never saw herself as a cook. In fact, she got her start as an actress and a member of Cleveland's Second City comedy troupe. In that earlier Food Net-

work USA series — *How To Boil Water* — Hourigan was the naïve sidekick to expert chefs who helped her prepare some of the most delicious food in the world.

"Here were all these greatest chefs who literally taught me on the air how to cook."

As for 2010 trends be-

yond bacon, Hourigan cites quinoa as a trendy, gluten-free South American replacement for rice and pasta.

"It's a pseudo-grain. Sort of an alternative to rice that's quite tasty and nutritious. I hadn't cooked with it before. But I tried it at Christmas on my in-laws and it worked out."



## The Tooth Doctor

David J. Halpin, D.D.S.

### Plaque, Tartar, Gingivitis. What's the difference?

You've heard the terms in TV ads, seen them in print ads, and perhaps noticed them on the labels of a variety of dental products. But what do the terms plaque, tartar, gingivitis and (worse) periodontal disease really mean?

Our mouths are full of bacteria! In a healthy mouth there is a natural balance of different bacterial species. However, when any one family of bacteria dominate an area, their levels of toxins increase to a point where they stimulate the immune system and cause an infection.

Proper daily brushing and flossing removes these bacteria from the mouth ensuring that they do not overgrow.

Sadly, a common mistake that many people make is to brush, but not to floss! Not flossing allows these bacteria to build up to dangerous levels between the teeth where brushing alone can't reach.

Plaque is a sticky, yellowish white film that's composed of the bacteria, small particles, proteins, and mucus. When you don't floss on a regular basis this damaging substance continuously accumulates on your teeth and gums.

With proper brushing and flossing, plaque can be removed. However, if plaque is not removed, it will calcify (or harden) over time.

This "hardened" plaque is called tartar and it can no longer be removed simply by brushing and flossing. It must be removed by a dental professional. The big problem with plaque and tartar is the longer they're left on your teeth and gums, the more harmful the bacteria in the plaque and tartar become.

Many of these more nasty bacteria are called anaerobes. Large clumps of bacterial plaque at the gum line are fertile environments for these more hostile anaerobic bacteria which can release toxins that damage your gums.

They also cause gum infections and inflammation which activates the immune system. This is called gingivitis and it's the first stage of gum disease.

Professional dental cleanings during your regular dental checkups removes the tartar that proliferates the bacteria. But left unchecked, gingivitis may progress to periodontal disease which is expensive to treat, sometimes requiring surgery.

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Dr. David J. Halpin  
B.Sc., D.D.S.



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## 28 movies&entertainment

# Ravin excited to be Lost again

**Lost star Emilie de Ravin says she's excited to be back as a series regular on the final season of the sci-fi smash.**

She says it's been especially challenging now that her character, the young mother Claire, has suddenly emerged as a violent and unpredictable force on the show, about a plane-load of castaways marooned on a strange island.

The Australian actress was written out of the previous season when most of the characters escaped the island for three years, leav-

ing Claire behind.

During a stop in Toronto to promote an upcoming film, de Ravin says Claire has been through a lot since viewers last saw her, and has had to rely on a reincarnated Locke as her only friend in the jungle.

De Ravin says Claire's only focus has been on finding her son Aaron, and that's built up a lot of frustration and anger, which emerges in violent and unpredictable ways.

She says she still has several weeks of shooting left on the show, and is as mys-

tified as fans are as to how things will wrap up.

"It's been really fun this season because not only can I still play sort of the old Claire, or the original Claire in flashes, but ... three years has taken a bit of a toll on (new) Claire and she's a little different right now," de Ravin said Thursday while in town to promote her upcoming film, Remember Me.

The latest episode was full of surprise revelations involving a gun-toting, wild-haired Claire and the other castaways. **THE CANADIAN PRESS**



Emilie de Ravin, or Claire.

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
FRIDAY	265	353	2	TVO	Feast India	Feast India	Agenda With Steve Paikin	Heartbeat		A. Gregg	Film 101	Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	X-Weighted "Madison"	Shark Tank		NUMB3RS "7 Men Out"		News Hour
	209	342	6	CHRO	TMZ (N)	Access H.	Ghost Whisperer	Medium (HDTV)		Comedy Now	Comedy Inc.	Comedy Now
	196	311	7	CTV	(6) XXI Winter Olympics Curling	Speed Skating, Hockey, Medal Ceremonies (Live)						
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate	CBC News: The National (N)		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	XXI Winter Olympics Speed Skating, Skiing, Bobsled (HDTV) (Live)					
	-	362	13	CBS	The Insider	Judge Brown	Ghost Whisperer	Medium (HDTV)		NUMB3RS "7 Men Out"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Black-Canada	Canadians	XXI Winter Olympics Hockey (Live)			
	214	344	15	CITY	Murdoch Mysteries (HDTV)	Glenn Martin	Glenn Martin	Mantracker (DVS)		Dark Blue		News
	218	345	18	CHCH	Air Bud 2 * (1998, Comedy-Drama)	Kevin Zegers	Blades of Glory *** (2007, Comedy) Will Ferrell		Escape Velocity ** (1999, Science Fiction) Patrick Bergin			News at 11
SATURDAY	-	361	20	ABC	Action News	Entertainment						
	-	365	36	FOX	TMZ (N)	Seinfeld	The 41st NAACP Image Awards (HDTV) (Live)			FOX 2 News (N)		News
	500	500	33	CNN	Situation Room-Wolf Blitzer	Campbell Brown (N)	Larry King Live (N)			Anderson Cooper 360 (HDTV)		
	406	417	27	net	(6) XXI Winter Olympics Biathlon	Hockey, Speed Skating, Curling (HDTV) (Live)						
	126	730	28	RDI	24 Heures en 60 minutes	Les Grands reportages		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	(6) XXI Winter Olympics Curling	Skiing, Bobsledding, Speed Skating, Hockey (HDTV) (Live)						
	554	544	48	TEL	Batman: Brave	Wolverine	Justice	Star Wars Clo.	Futurama	King of Hill	Lord of the Rings: Fellowship of the Ring	
	557	540	51	FAM	Sonny Chance	Johnny Kapahala: Back on Board			(9:02) My Brother The Pig (2000)		(10:34) Mr. Wonderful	
	551	542	65	YTV	That's-Weird	That's-Weird	The Next Star 'Finale'		Prank Patrol	Prank Patrol	Prank Patrol	Prank Patrol
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal	Criminal
SUNDAY	628	584	32	SPKE	UFC: Silva vs. Irvin (HDTV)					Best of PRIDE Fighting		Ways to Die
	616	521	39	SHO	Relic Hunter		NYC: Tornado Terror (2008, Suspense) Nicole de Boer			Kenny vs.	Kenny vs.	Trailer Park
	520	505	42	DIS	Shogun (N)		Dirty Jobs		Man vs. Wild			
	581	566	53	MTV	Cribs (N)		Cribs (N)		The Real World		16 and Pregnant	Daily Planet
	522	506	55	HIS	Exile Inuit families.		Nostradamus Effect (HDTV)		American History X *** (1998, Drama) Edward Norton			1 girl 5 gays
	603	561	95	FN	Ricardo		The Wild Chef	Chef Abroad	Bobby Flay	Bobby Flay	Diner, Drive-In	Ramsay
	-	-	-	-								
	-	-	-	-								
	-	-	-	-								
	-	-	-	-								
SUNDAY	265	353	2	TVO	National Geographic		Nobody's Fool *** (1994, Drama) (DVS)			(10:15) The Late Show (1977)		
	211	331	3	GTV	Last Soldier	Jane Show	Voices (2007, Suspense) Amy Acker			Love-Death	G-Spot	News Hour
	209	342	6	CHRO	The Road to Avonlea		Sticks and Stones (2008, Docudrama) (DVS)			Stargate Atlantis		Bravo/FACT
	196	311	7	CTV	(6) XXI Winter Olympics Curling	Hockey, Medal Ceremonies. Curling, Hockey, Men's Bronze Medal Game, Medal Ceremonies.						
	208	303	8	CBC	Laughs	Laughs	Little Mosque	18 to Life	Calendar Girls *** (2003, Comedy-Drama)			Victor: Victor
	-	360	9	NBC	Paid Program	Paid Program	XXI Winter Olympics Figure Skating, Snowboarding, Skiing, Bobsled (HDTV) (Live)					News
	-	362	13	CBS	Paid Program	The Insider	NUMB3RS "Hydra"		Cold Case "WASP"		48 Hours Mystery (N)	CSI: NY
	216	395	14	OMN2	(5) Gao Xing (2009)		XXI Winter Olympics Figure Skating (Live)			Sid vs. Alexander		Most Amazing
	214	344	15	CITY	Cooking	Most Amazing	Glenn Martin	Out There	Eighteen (2004, Drama) Brendan Fletcher (DVS)			Cruose
	218	345	18	CHCH	(6:30) Hamilton Music Awards				Universal Soldier III: Unfinished Business ** (1998)			News at 11
SUNDAY	-	361	20	ABC	Entertainment Tonight		Harry Potter and the Order of the Phoenix *** (2007, Fantasy) Daniel Radcliffe					News
	-	365	36	FOX	Bernie Mac	Seinfeld	Cops (N)	Cops	America's Most Wanted		FOX2 News at 10:00pm (N)	Wanda Sykes
	500	500	33	CNN	Newsroom		Campbell Brown		Larry King Live		Newsroom	Camp. Brown
	406	417	27	net	(6) XXI Winter Olympics Figure Skating, Skiing, Curling (HDTV) (Live)							
	126	730	28	RDI	Journal	109 (SC)	Découverte (HDTV) (SC)		Le Téléjournal	Les Grands reportages	Télément	Le Téléjournal
	400	280	30	TSN	(6) XXI Winter Olympics Curling, Cross-Country Skiing, Skiing (HDTV) (Live)							
	554	544	48	TEL	Dennis the Menace Strikes Again **		Johnny Test	Futurama	King of Hill	Chicken	Venture Bros.	Moral Ore
	557	540	51	FAM	Suite/Deck	Zoe 101	Suite Life	Han. Montana	Beetlejuice *** (1988, Comedy)		(10:31) Superman	
	551	542	65	YTV	Zeke's Pad	Prank Patrol	That's-Weird	That's-Weird	That's-Weird	Survive This	Ghost	Adrenaline
	615	520	31	A&E	(5) The Green Mile		Gone in Sixty Seconds * (2000, Action) Nicolas Cage				Steven Seagal	Steven Seagal
SUNDAY	628	584	32	SPKE	(6) Road House ** (1989, Action)		Disorderly Conduct: Video		Ways to Die	Ways to Die	Ways to Die	Ways to Die
	616	521	39	SHO	Slings and Arrows		Unthinkable (2007, Suspense) Michelle Forbes			Batman Begins *** (2005, Action)		
	520	505	42	DIS	Cash Cab (N)	Cash Cab	Destroyed	Destroyed	Dirty Jobs Leeches.		Vermintors (N)	Ghost Lab (N)
	581	566	53	MTV	Cribs		Canada's Next Top Model		Canada's Next Top Model		Canada's Next Top Model	Canada-Model
	522	506	55	HIS	Nostradamus Effect (HDTV)		Cities of the Underworld		Gladiaator *** (2000, Historical Drama) Russell Crowe			
	603	561	95	FN	Glutton	Chef Abroad	The River Cottage Treatment		Chopped "Winging It"		Top Chef Masters	Hell's Kitchen
	-	-	-	-								
	-	-	-	-								
	-	-	-	-								
	-	-	-	-								
SUNDAY	265	353	2	TVO	Monarchy		Born to Be Different (N)		Margaret (2009, Biography) Lindsay Duncan		The View From Here	
	211	331	3	GTV	Family	'Til Death (N)	The Simpsons	Cleveland	Family Guy	American Dad	(10:01) Brothers & Sisters	News Hour
	209	342	6	CHRO	Cold Case (HDTV) (N)		The Amazing Race 16		Desperate Housewives		(10:01) Undercover Boss	In Fashion
	196	311	7	CTV	Olympics	CTV News (N)	XXI Winter Olympics Closing Ceremony. From Vancouver, B.C. (Live)					
	208	303	8	CBC	NBA Basketball Toronto Raptors at Oklahoma City Thunder.				Laughs		CBC News: The National	Battle
	-	360	9	NBC	XXI Winter Olympics Closing Ceremony (HDTV) From Vancouver, B.C. (Live)						Marriage Ref	News
	-	362	13	CBS	60 Minutes (HDTV) (N)		The Amazing Race 16		Undercover Boss (N)		Cold Case (HDTV) (N)	CSI: Miami
	216	395	14	OMN2	Bhangra Generation		XXI Winter Olympics Closing Ceremony. From Vancouver, B.C. (Live)				Of Blessings	
	214	344	15	CITY	Survivorman (DVS)		Extreme Makeover: Home		Murdoch Mysteries: Except the Dying		Marriage Ref	Cruose
	218	345	18	CHCH	A Night at the Roxbury * (1998, Comedy)		(Shakespeare in Love *** (1998, Romance-Comedy) Joseph Fiennes					News at 11
SUNDAY	-	361	20	ABC	Amer. Funniest Home Videos		Extreme Makeover: Home		Desperate Housewives		(10:01) Brothers & Sisters	News
	-	365	36	FOX	'Til Death (N)	'Til Death (N)	The Simpsons	Cleveland	Family Guy	American Dad	FOX2 News at 10:00pm (N)	Sportsworks
	500	500	33	CNN	Newsroom		State of the Union		Larry King Live		Newsroom	State/Union
	406	417	27	net	XXI Winter Olympics		XXI Winter Olympics Closing Ceremony (HDTV) From Vancouver, B.C. (Live)					
	126	730	28	RDI	Journal	Humanima	Une heure sur Terre (SC)		Le Téléjournal	Les Coulisses du pouvoir	Regard	Le Téléjournal
	400	280	30	TSN	(6) XXI Winter Olympics Closing Ceremony (HDTV) From Vancouver, B.C. (Live)							
	554	544	48	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of Hill	Chicken	Futurama
	557	540	51	FAM	Suite/Deck	Zoe 101	Suite Life	Han. Montana	Holes *** (2003, Adventure) Sigourney Weaver			Tripping-Rift
	551	542	65	YTV	Gym Teacher: The Movie		To Be Indie	Family Biz	Fries That?	Fries That?	Survive This	Ghost
	615	520	31	A&E	CSI: Miami (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)	Criminal
SUNDAY	628	584	32	SPKE	DEA High-grade marijuana.		DEA		DEA Capturing a drug dealer.		Entourage	Entourage
	616	521	39	SHO	Cra\$h & Burn (HDTV)		Last Chance Cafe (2006, Suspense)		Kate Vernon.		Damages (HDTV) (N)	Cra\$h & Burn
	520	505	42	DIS	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	Cash Cab	MythBusters	A. Bourdain
	581	566	53	MTV	Canada's Next Top Model		Canada's Next Top Model		Canada's Next Top Model		Cribs	1 girl 5 gays
	522	506	55	HIS	Ancient Discoveries (HDTV)		Alive ** (1993, Docudrama) Ethan Hawke, Vincent Spano					
	603	561	95	FN	Challenge		Jamie's Chef		Iron Chef America		Dinner: Impossible	Restaurant
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	-	-	-	-								
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**O'Brien Tweets about return**

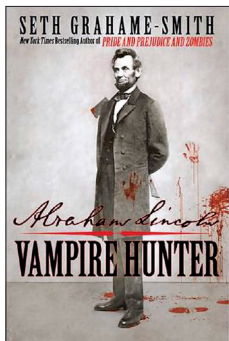
More than a month after exiting The Tonight Show, Conan O'Brien returned to the spotlight — with the debut of his Twitter account. "Today I interviewed a squirrel in my backyard and then threw to commercial," he Tweeted. **TVGUIDE.COM**



## Going Out

Metro's 7<sup>th</sup> Heaven: Metro taps what's hot right now1 **Abraham Lincoln: Vampire Hunter**

**BOOK** The blood thirst continues. Grahame-Smith, author of *Pride and Prejudice and Zombies*, dips his literary fangs into American history to come up with a faux biography of the U.S. president. The premise? A lost Lincoln diary showing that his mother was actually killed by vampires when he was a boy and that his secret life mission was to eliminate all vampires.

2 **Dimitri The Lover movie trailer**

**VIDEO** If you asked a woman, Dimitri The Lover might just be Toronto's most disgusting man. The self-proclaimed seductionist has offended many over the years and he might just do it again — on film this time. The trailer for the documentary is already generating online buzz, and the fact that Borat producer Brad Goodman is behind the project is adding fuel to the fire.

3 **American VI: Ain't No Grave by Johnny Cash**

**ALBUM** Recorded a few months before the music legend's death in 2003, this (reportedly) final instalment of the American series could be the voice of a prophet or a frail, old man's final words, depending on your level of Cash mania. But one thing you can't argue — the sombre mix of covers and originals will be in the running for 'album of the year' when 2010 kicks the can.

4 **The Bachelor Season Finale**

**TV** After one of the most exciting and scandalous seasons of *The Bachelor*, the question: "Who will Jake pick?" will finally be answered Monday. Aired on Citytv and ABC.

5 **Where The Wild Things Are**

**DVD** Most expected a cute story based on the bestselling children's book. Instead, they got a complex meditation on the nature of unbridled innocence. If you want *Home Alone*, don't rent this. But if you are ready to give director Spike Jonze's stunning visuals and soaring imagination a chance, you are guaranteed some wicked fun.

6 **The Messenger**

**FILM** This could have been one big tearjerker. Thankfully, director Oren Moverman steers clear of clichés in this drama about a pair of army officers who deliver the bad news to families of dead soldiers. Woody Harrelson's best actor Oscar nomination is well deserved and his performance is proof that he's not a spent veteran, no matter what people say. In limited release but will expand shortly.

7 **Winter Olympics final days**

**EVENT** Own the podium? Get over it. Instead, simply soak in the most exciting thing to have happened in Canada in the last couple of decades before it wraps up Sunday. The Olympics air live everyday on CTV.

## Mix of Six

**Free Stargazing**

When: Friday, 7 p.m.  
Where: Canada Science and Technology Museum

View the night sky from the Helen Sawyer Hogg Observatory as the museum opens its doors to welcome stargazers. Dress warmly. Visit [sciencetech.museums.ca](http://sciencetech.museums.ca).

**Classic Albums Live**

When: Friday, 8 p.m.  
Where: Centrepointhe Theatre  
Assembled specifically for each album presentation, a group of highly accomplished musicians recreates Supertramp's highly successful *Crime of The Century* album.

**The Vagina Monologues**

When: Friday & Saturday  
Where: National Gallery of Canada

The *Vagina Monologues* by Eve Ensler is based on interviews with more than 200 women. This annual production is part of the V-Day Worldwide Campaign — a global movement to end violence against women and girls.

**Hip Hop Haiti**

When: Saturday, 6:30 p.m.  
Where: Wings Chinese Take-Out at 313 Montreal Rd.

Ottawa's music community comes together to help rehabilitate the earthquake-stricken country. The event features performances by BrotherN'Arms, Wyngz, Mike Kleff, and a miniature fashion show.

**The Rogue Stimulus Reading Tour**

When: Saturday  
Where: Parliament Hill  
Prime Minister Stephen Harper prorogued Parliament on Dec. 30, he punted many vital bills into oblivion. But he also inspired hundreds of poems. This event launches a book by acclaimed and previously unpublished poets.

**The Cooper Brothers**

When: Saturday, 8 p.m.  
Where: Centrepointhe Theatre  
After a 20-year hiatus from recording, the Cooper Brothers are back with a brand new, all-original album. Grammy nominee Colin Linden will be featured, along with special guest Jonas featuring Corey Diabo on guitar.



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Jeremy Renner has brushed off rumours he's dating newly-single actress Charlize Theron, admitting they're just as friends. He tells People magazine, "I can go hang out with her and play her piano and sip scotch." **METRO WORLD NEWS**

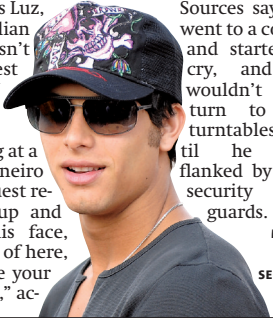
## Celebrity Buzz

### Madonna's Jesus is a big baby

**OH, JUST GOT THE WEIRD IN-CESUAL BIBLICAL REFERENCE GOING ON HERE** Jesus Luz, Madonna's Brazilian model boyfriend, isn't having the easiest time getting his DJ career off the ground.

Luz was spinning at a party in Rio de Janeiro recently when a guest reportedly walked up and threw beer in his face, shouting, "Get out of here, I don't want to see your face here anymore," ac-

ording to iG Gente magazine.



Sources say Luz went to a corner and started to cry, and he wouldn't return to the turntables until he was flanked by four security guards.

**METRO NEWS SERVICES**

### Interviewed by his ex on air

**WELL, DOESN'T THAT SOUND FUN?** Simon Cowell's ex-girlfriend has met-up with his new lover, female-first.co.uk reports.

TV presenter Terri Seymour proved there are no hard feelings between herself and the music mogul — who she dated for six years until November 2008 — when she greeted him and Meaghan Hussain with a "friendly" embrace. "Terri was not going to play the part of the bitter ex — she is genuinely fond

of them and wishes them well as a couple," an insider revealed.

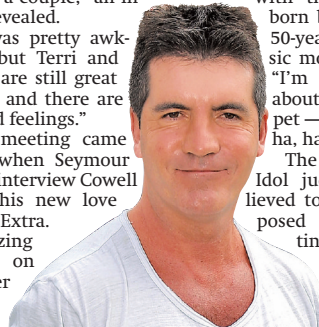
"It was pretty awkward, but Terri and Simon are still great friends and there are no hard feelings."

The meeting came about when Seymour had to interview Cowell about his new love live on Extra.

Quizzing him on whether he

planned to start a family with the Afghan-born beauty, the 50-year-old music mogul joked, "I'm thinking about getting a pet — a squirrel, ha, ha!"

The American Idol judge is believed to have proposed on Valentine's Day.



**METRO NEWS SERVICES**

Follow these celebrities on Twitter...

### CelebTweets

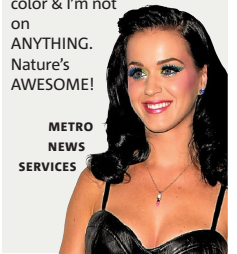
**ELIZABETH HASSELBECK** is binging, **FRANKIE MUNIZ** is living dangerously, and **KATY PERRY** is fascinated by the animal kingdom.

@ehasselbeck made gluten-free chocolate chip cookies tonight. best and worst thing! how am i to explain to my kids in a.m that mommy ate them all?

@frankiemuniz About to see Shutter Island. Hope I don't get arrested for smuggling in Tropical Skittles.

@katyperry Just saw two hummingbirds fighting... I think they were trying to mate...1 turned a different color & I'm not on ANYTHING. Nature's AWESOME!

**METRO NEWS SERVICES**



### Hot Foursquare Mayor Deals

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### Get a small child for big PR

**WORKS FOR ANGELINA AND BRAD** John Mayer has been losing friends right and left this month, following a controversial interview in Playboy wherein the singer graphically discusses Jessica Simpson, Jennifer Aniston and his "white supremacist" private parts,

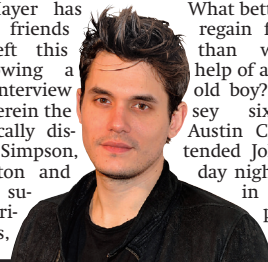
popeater.ca reports.

What better way to regain fans' love than with the help of an 11-year-old boy? New Jersey sixth-grader Austin Christy attended John's Sunday night concert in Philadelphia with a sign

reading "Can I play Belief with you?" When Mayer spotted Christy in the crowd, he invited the youngster onstage to do just that, reports Courier-PostOnline.com.

Mayer Tweeted a new message after the show, "8 out of 8 band members agree, Philly is always an awesome show. XO J."

**METRO NEWS SERVICES**



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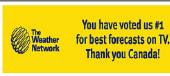
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FRESH TILAPIA FILLETS	<b>\$5.99</b> /lb 13.21 kg

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BOSC PEARS <b>79¢</b> /lb. Prod. of U.S.A.	CALIFORNIA CUTIES MANDARINS <b>\$5.99</b> 5lb. box Prod. of U.S.A.	PINK GRAPEFRUIT <b>3/99¢</b> Prod. of U.S.A.	SILANI RICOTTA CHEESE <b>\$2.79</b> /454g EXTRA SMOOTH	PACIFIC FOODS SOUPS & BROTHS <b>2/\$5</b> 946ml-1L

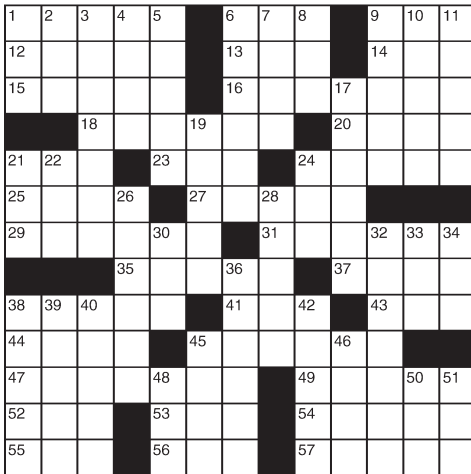
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## Take Five



## ACROSS

1 Expire  
6 Homer's outcry  
9 Ashen  
12 Reef around a lagoon  
13 Where, to Caesar  
14 Rhyming tribute  
15 Brit's service discharge  
16 Cheerleader's pair  
18 Celeb-laden magazine  
20 Sun's output  
21 Sticky stuff  
23 Infinitesimal  
24 Podiatry cases  
25 Responsibility  
27 Banished one  
29 Wall hanging  
31 Takes as one's own

44 Beige  
45 "Forget it!"  
47 Victim of Vesuvius  
49 Missouri River feeder  
52 Brewery product  
53 Regis and Kelly's airer  
54 Discussion group  
55 Cover  
56 — Today  
57 Dalmatian's pattern

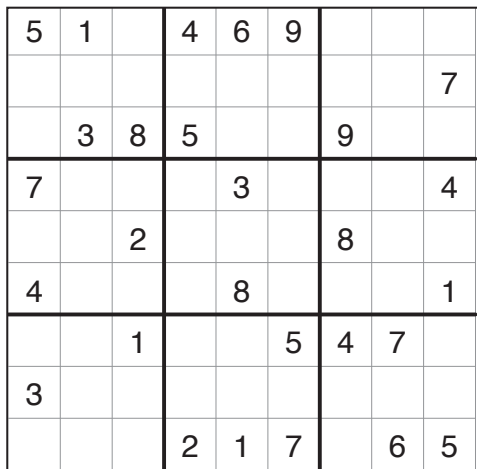
## DOWN

1 Young fellow  
2 Consumed  
3 Arrogant  
4 Blackthorn fruit  
5 Knee counter-part  
6 Two-family house  
7 Reed instrument  
8 That guy  
9 Suitor  
10 Clio nominee, maybe  
11 Fits inside snugly  
17 Snapshots  
19 Jurors, in-theory  
21 Red-staters' org.  
22 Yoko of music  
24 Scoundrel  
26 Clog  
28 Tops of heads  
30 Em halves  
32 — Beach, Fla.  
33 Pitch  
34 Tackle moguls  
36 Beethoven's Third  
38 Himalayan land  
39 Meat contaminant  
40 Ready for battle  
42 Hens' pens  
45 Penpoints  
46 Now, on a memo  
48 Water (Fr.)  
50 Comprehend  
51 Golfer Ernie

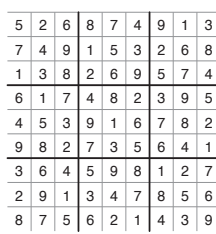
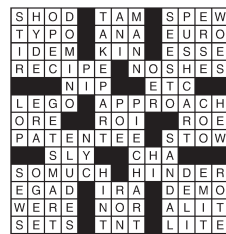
## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

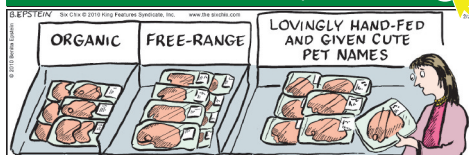
**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



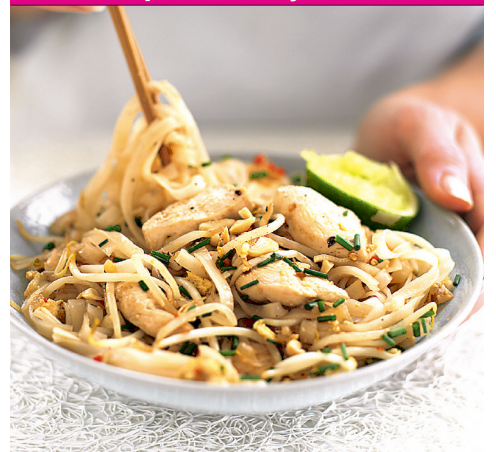
## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



## On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)

## Metro Recipe of the Day



## Pad Thai with Chicken

## INGREDIENTS:

250 g dried rice noodles  
2 tbsp canola oil  
2-4 garlic cloves, crushed  
1 small onion, finely chopped  
1 Thai chili pepper, seeded and finely chopped  
375 g skinless boneless chicken breasts, thinly sliced  
2 eggs, beaten  
200 g bean sprouts  
1 tbsp soy sauce  
2 tbsp fish sauce  
1 tbsp lime juice  
Lime halves to serve  
1 bunch fresh chives, snipped  
1/4 cup roasted peanut halves

## METHOD:

1. Soak noodles in hot water according to pack instructions. Stir with fork or chopsticks to separate. Drain and set aside.  
2. Meanwhile, heat wok

with oil. When very hot add garlic, onion and chili pepper; stir-fry 1 minute. Add chicken slices and stir-fry 2 minutes or until lightly coloured.  
3. Push chicken to one side to make room for eggs. Pour eggs into wok and stir gently until lightly scrambled. Add drained noodles and 3 tbsp (45 mL) water. Add bean sprouts, soy sauce, fish sauce and lime juice, and stir-fry with other ingredients 2 minutes.  
4. Remove from heat. Turn into warmed serving dish and garnish with chives and peanuts. Serve immediately, with lime halves.

SERVES 4

## rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
MARCH 21-APRIL 20  
Do you change something or do you let it be? Only you can answer that question and one way or another it will have to be answered.



**TAURUS**  
APRIL 21-MAY 21  
If you do something you don't have a talent for and you will quickly get frustrated. If you do just one thing really well today you will do more than most.



**LIBRA**  
SEPT 23-OCT 23  
There is only one way to get rid of the pain you feel and that is to admit you are not as tough as you like to pretend.



**SCORPIO**  
OCT 24-NOV 22  
Pay attention to what friends have to say over the next few days. Somewhere among all the big words they will use is the germ of a good idea.



**GEMINI**  
MAY 22-JUNE 21  
It's up to you to keep things calm. The approaching full moon will make everyone a bit twitchy over the next two or three days.



**SAGITTARIUS**  
NOV 23-DEC 21  
You are about to achieve something truly spectacular. It may not be what you had hoped to achieve but life is full of surprises.



**CANCER**  
JUNE 22-JULY 22  
Some changes happen in stages but the changes you are about to experience will come all at once. Are you ready?



**CAPRICORN**  
DEC 22-JAN 20  
Even Capricorns have been known to change direction (very occasionally) and the approaching full moon is sure to give you a new perspective.



**LEO**  
JULY 23-AUG 23  
If you have been having cash flow problems recently then what happens over the next few days will give you the chance to make life easier.



**AQUARIUS**  
JAN 21-FEB 18  
You may have done something you now realize was wrong but don't be hard on yourself. You are who you are and you did what you did.



**VIRGO**  
AUG 24-SEPT 22  
The next two or three days are going to be hugely important as the approaching full moon in your sign gives you energy.



**PISCES**  
FEB 19-MARCH 20  
Everyone has problems — you are no different in that sense — and everyone must find ways to work through them.



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<sup>†</sup>On selected products only, from February 27, 2010 to March 5, 2010. Excluding taxes. See flyer for details. Advertised items available at participating Rexall Pharmacy Plus stores only. We reserve the right to limit quantities.  
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